

Holderness Recreation Department's Fall 2009 Programs

A registration form is required for most programs
See our website for more programs and details at www.holderness-nh.gov.

Holderness Recreation
PO Box 203
Holderness, NH 03245
968-3700
holdrec@roadrunner.com
www.holderness-nh.gov

Presorted Standard
US Postage Paid
Permit # 4
Holderness, NH 03245

POSTAL CUSTOMER

Registration Information

Holderness Recreation Programs are open to Holderness residents on a first come basis. The program fee and registration form must be submitted prior to the sign-up deadline. **Non-Residents please add \$5 to the program fee for most programs.** If class minimum is not met, class may be cancelled. Registration forms are available at the Holderness Town Hall, the Holderness Post Office, the Holderness Free Library, and on the web at www.holderness-nh.gov. **Please make checks payable to: Holderness Recreation** and mail to PO Box 203, Holderness, NH 03245. For further information contact Wendy Werner, Recreation Director at 968-3700, holdrec@roadrunner.com. Office hours are held at the Town Hall on a varying schedule.

Holderness Recreation Department Fall 2009 Programs



From the Director's Desk

Summer is gone, fall is here and winter is on it's way.

Looking back on the summer, I am happy to say that somehow in between the rainy days we were able to have a successful 4-week concert series here in Holderness.

Our performers included the Jack Pine Holdouts, Lakes Region Big Band, Lisa Young and Company, Postage Due, Sammie Haynes and Mr. Phil's Magic Show. Each week we had over 100 people in attendance

and I think everyone enjoyed themselves. We had a 50/50 raffle each week raising almost \$500 towards next season. I would like to thank Rockywold-Deephaven Camps, Yankee Trail Motel, R.E. Maloney Associates, and the Common Man Restaurant for each of their donations. I would also like to thank the residents of Holderness for supporting the series at Town Meeting last March. Without you this would not have been possible.

In closing, Fall is here and the smell of wood stoves and fireplaces are in the air, I love it. This is a beautiful time of year and I hope that you and your family will get outside and enjoy what nature has to offer.

I am excited to share the fall 2009 line up with you and hope you will join us on November 5th for the Keeping Track Wildlife Event.

Yours in Recreation,
Wendy Werner

You're Invited to a Keeping Track Wildlife Event

Bears, Bobcat, Moose & More!

At the Wildlife Event, you will be able to browse an extensive table display consisting of track molds, examples of wildlife sign, pelts, skulls, feet, and other materials related to tracking and monitoring. Keeping Track founder and Program and Research Director Susan Morse presents a spectacular show of her slides that introduces participants to Keeping Track's methodology and the importance of landscape-level planning for wildlife conservation, and incorporates an interactive and moving segment on carnivore biology and ecology. Susan is a nationally recognized naturalist and habitat specialist with thirty years of experience tracking and interpreting wildlife uses of habitat.



Thursday, November 5th, 6:30pm
At the Holderness Central School Gym



Archery Classes

Fall is here and we are gearing up for another great season. You can join us at the Pemigewasset Fish and Game Club to fine tune your archery skills or start from scratch.

Where: Pemi Fish & Game Club

When: October. 22nd—Nov 12th

Time: Beg. / Families 5 - 6PM (7yrs +)
Advanced from 6-7PM

Cost: \$65 first person (\$60/ Family member)
Please register by Oct. 19th.

Both classes are open to adults and children



Give the Gift of Recreation

to someone less fortunate by giving to our **scholarship fund.** This fund is used to offset program fees for families / participants that may not be able to afford a program on their own. We greatly appreciate and accept donations of any size. You may send checks made out to Holderness Recreation, with a note that it is for the Scholarship Account. We helped four families attend the SummerEscape program this summer.

Thank you for your support!



Adult Volleyball:



Tuesday and Thursday nights from 7:00—9:00PM. Join our drop in group for a night of great athletic fun. The cost is only \$5 for the whole season and you can't beat that! We welcome players ages 18 and up. No pre registration is necessary, just show up ready to play at the Holderness Central School Gym. A registration form will be available at the program.

Early Bird Exercise:



This class is for everyone who has endless excuses about not exercising ... What else is going on at 5:30 AM. So come out and join us for a great eye opener at a great price with great people. Our workout will incorporate hi/lo impact workouts, step aerobics, free weights, stability balls. Fall Class schedule will be Mon. Wed., & Fri. from 5:30—6:30AM. The next session starts 9/21/09 at the Holderness Central School Gym. Please call the Holderness Recreation Office for more information 968-3700
Cost: \$50 (12-week session)
Instructor: Anne Packard

If you would like information mailed or emailed to you, send us your addresses.

- ☺ Sign-up today! Nothing stops a rec. program quicker than low numbers.
- ☺ Do you have a talent you would like to share?
- ☺ Are you interested in teaching a program?

Big Kids Old Games



Join Wendy for a night of laughter, fun and exercise. We will play a variety of old school-sports each night and mix it up with some antics as well. Don't forget to stretch! Floor Hockey, Dodgeball, Kickball and more. It feels like it will be a long winter, so come out and play. I will be there and hope you will too. \$10 per session.

A registration forms will be available at the school on Dec. 9th.
Who: 18+ Couples & significant others make great opponents:-)
When: SI Wed, Dec. 9—Jan. 6
SII Wed. Jan. 27—Feb. 24
Time: 7:30—9:00 PM
Where: Holderness Central School

Bags, Cards and Tags:

Join Jodi Breen a Creative Memories Consultant is offering Bags, Cards and Tags this season.



Your fee includes:
· Cardstock, paper, Title Sticker Pack, gift bags and embellishments to create 3 decorated gift bags, cards and tags for any occasion of gift giving!
Your materials will be cut and sorted for immediate use! It doesn't get any easier than that! And all of my tools are available for use at the classes so no need to pack your tape runners, punches, etc.

Who: 2nd grade and up
Cost: \$17
When: November 18th 3:45-5:45
Where: Holderness Town Hall

Please RSVP to Jodie Breen at 968-2176 pay by **Nov. 4th.**

Halloween Memories:



This hands on class will help you capture your Halloween memories in a bright and festive way. Bring pictures of your pumpkin carvings, best costumes and haunted parties. You will make 12x12 Scrapbook Page Frames! I think this will make a great project! You will make and take home 4 Halloween page layouts that you can frame and hang on a wall or just set for display
Who: 2nd grade and up
When: November 4th 3:45-5:45
Where: Holderness Town Hall
Cost: \$23

Please RSVP to Jodie Breen at 968-2176 and pay by **October 16th** so supplies can be ordered.

Power Tone & Cardio Kick Boxing Classes:



If you have seen Lisa Young and Company, you have seen her energy on stage. Now you can join her on Monday nights for a Power tone class. This class requires that you bring your own weights and a mat to class. Power tone is all about strength training the whole body plus a little cardio as well.

Wednesday nights will be Cardio Kick boxing. This is fun and challenges the whole body. This class is good for all age groups!

When: Monday's & Wednesday's from 5:30 - 6:30pm Nov. 30th - Dec. 30th 5 weeks
Cost: \$95 (10 classes)
Where: Holderness Central School Café.
Register by Nov. 16th



World Famous Lipizzaner Stallions:



The "World Famous" Lipizzaner Stallions proudly presents their 40th anniversary presentation of the "Dancing White Stallions"! The Lipizzaner Stallion has galloped boldly out of the pages of over 400 years of history, and is now preserved as an equestrian work of art, an equine ballet. Harkening back to a time when the horse was a symbol of grace and majesty, the Lipizzaner Stallions are truly a great experience to be enjoyed by the entire family!

Tuesday, November 10th at 7:30pm

If we have 15 or more people interested we will purchase discounted tickets. So get your group together and give us a call!

Discounted Ticket price would be
\$20 adults
\$17 children

Afterschool Lego Group

Bring your own or share ours. We will explore Lego's and have friendly challenges while building with Lego's. Sign up by Nov. 2nd.

Who: Grades 2—4.
When: Mon. Nov. 9—Nov. 30
Where: Holderness Central School Cafeteria
Time: 3—4pm
Cost: \$20

Pick up Hockey:



It's almost time to go to the attic and dust off those skates. Holderness Recreation has the ice at the Holderness School Rink on Saturday's from 8:30 - 9:30AM for pick up hockey. This is a chance for players to have an informal game with whoever shows up to skate. Helmets are required!
Who: Residents ages 16 and up
When: 8:30 - 9:30AM
Dates: Sat's. Dec 5th - Mar. 6th
Cost: \$5 per person

Recreational Skate:



Recreational skating will be available for families and little ones this winter starting in December. The skating takes place at the Holderness School Ice Rink. Come enjoy the winter air with us as we continue a longstanding winter tradition.

Who: Holderness Residents
When: 9:00 - 10:00AM
Dates: Sun., Dec. 6th—Mar. 7th
Cost: \$3/person

Little Cookers:

Come join Wendy for an afternoon of cooking fun. This will be a hands on class where kids learn to measure, stir and cook kid friendly recipes. Kids will make their own creation to taste and take home. Please register by November 30th.

Who: Ages 7-10
When: Mon. Dec. 7th—Dec. 21st
Where: Holderness Fire Station
Time: 3:45—4:45
Cost: \$25



Skate with Frosty & Friends

Friday, December 18th

Come and welcome in winter and the Holiday Season by skating with family & friends. There will be hot chocolate, music and goodies.



Where: Holderness School Rink
Time: 6 - 8 pm
Cost: \$5 per family
Volunteers are Welcome, call Wendy to sign up.

Holderness Recreation Board Members:

Tom Stepp, Chairperson
George 'Biff' Sutcliffe, Secretary
Shelly Swanson
Janis Messier
Fawn Ouellette
Bob Stark

We meet once a month to provide input on the recreation and beach budgets, policy and procedure, and review programs.

New members are always welcome, so if you would like to take an active role in your recreation department, please complete a Volunteer Application which you can find at Town Hall.